



Department of Veteran Affairs

VA Puget Sound Health Care System

American Lake and Seattle Divisions

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FOR IMMEDIATE RELEASE

July 11, 2012

VA Puget Sound showcases Mental Health Residential Rehabilitation Program for Veterans with PTSD or substance issues

TACOMA, WA. – The VA Puget Sound Health Care System-American Lake Division is offering the media a unique opportunity to tour the recently renovated Mental Health Residential Rehabilitation Program facility and speak to Dr. Richard Pollard, Director of the Community and Residential Care Services and the facility's director, Thursday, July 12, from 1:30 p.m. to 2:30 p.m.

The Mental Health Residential Rehabilitation Program facility, also known as the Domiciliary, is a 64-bed residential treatment facility that provides treatment and rehabilitation for male and female Veterans suffering from PTSD, homelessness and substance abuse. Of these, 20 beds are specifically allocated to Veterans dealing with military related PTSD, including military sexual trauma. The program also provides 24 beds located in five houses throughout the Tacoma community for Veterans undergoing the Compensated Work Therapy/Therapeutic Residence program, part of the Community Reintegration Services, which helps unemployed Veterans return to work.

The MH RRTP uses a supportive model of care delivery through intensive outpatient services and medicine management for Veterans experiencing PTSD, substance abuse and homelessness. VA Puget Sound staff provide a recovery-focused, rehabilitation treatment program that emphasizes the application of treatment gains into a healthy lifestyle of personal responsibility and care for oneself. Veterans practice skills supportive of personal accountability, constructive negotiation of conflicts and mutual support as each Veteran works on his or her personal recovery goals.

In Fiscal Year 2011, more than 350 Veterans were admitted into the MH RRTP, with the average length of stay being 30 days. "We take an integrative approach to providing mental health care to our Veterans suffering from PTSD, substance abuse, homeless and unemployment," Pollard said. "Providing our nation's Veterans the tools to be successful in their journey of fighting addiction or overcoming PTSD is our number one goal."

VA Puget Sound's Mental Health Services treated approximately 22,000 Veterans in nearly 200,000 visits in FY 11. Of those, more than 4,000 were treated in our PTSD programs, and more than 500 had served in Operations Enduring Freedom and Iraqi Freedom.

Dr. Joel Mitchell, the Director of Outpatient Mental Health Services at American Lake Division, who provides PTSD therapy at the facility, will also be present and available for interview.

Media should arrive at the American Lake campus no later than 1:15 p.m. The address is 9600 Veterans Drive, Tacoma WA 98498. After entering the hospital grounds, take the first right toward the American Lake Golf Course for parking. Dr. Pollard will be available for interview at 1:30 p.m., followed by a tour of the Mental Health Residential Rehabilitation Treatment Program facility, concluded with follow-up interviews with Dr. Pollard, and Dr. Mitchell.

Please RSVP for the event no later than noon, Thursday, July 12, by emailing publicaffairspugetsound@va.gov or call the VA Puget Sound Office of Public Affairs at 206-406-5317 or 206-678-7305.

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Mental Health Residential Rehabilitation Program (MH RRTP)

Fact Sheet

The Domiciliary Care Program of the Veterans Health Administration is the oldest health care program, first enacted by legislation in the late 1860's to provide a home for the Veterans of the Civil War. More recently, the domiciliary program has evolved from the concept of a "Soldier's Home" to a bed section devoted to active rehabilitation of Veterans with significant psycho-social deficits and psychiatric concerns. In 2009, the Mental Health Residential Rehabilitation Treatment Program (MH RRTP) Handbook 1162.02 was released, establishing procedures and reporting requirements for this level of care within the VA.

Our MH RRTP represents four bed sections:

- a. DCHV (Domiciliary for homeless Veterans), a 20 bed back to work domiciliary program for homeless Veterans
- b. SA DOM (Substance Abuse Domiciliary), a 24 bed intensive treatment program for persons in very early recovery from alcohol and drugs (both licit and illicit)
- c. PTSD DOM (Post Traumatic Stress Disorder treatment Domiciliary), a 20 bed, intensive treatment program for persons dealing with military related post traumatic stress disorder, including persons with military sexual trauma.
- d. CWT/TR (Compensated Work Therapy/ Therapeutic Residence), consisting of 24 beds located in five houses in the local community for persons looking to return to work whose functional level is such as to require less external support than persons in the DCHV.

Each program track has the capacity to treat both male and female Veterans.

The MH RRTP utilizes a matrix'ed model of care delivery, with intensive services delivered through outpatient services for PTSD, Substance Abuse and Community Reintegration Services and supportive services and medication management provided within the MH RRTP.

The MH RRTP is a recovery focused, rehabilitation treatment program that emphasizes the application of treatment gains into a healthy lifestyle of personal responsibility and care for oneself. Through participation in the therapeutic community and house meetings, Veterans practice skills supportive of personal accountability, constructive negotiation of conflicts and mutual support as each Veteran works on his or her personal recovery goals.

The MH RRTP serves eligible Veterans in need of residential level care in order to begin the process of meeting their recovery needs.